



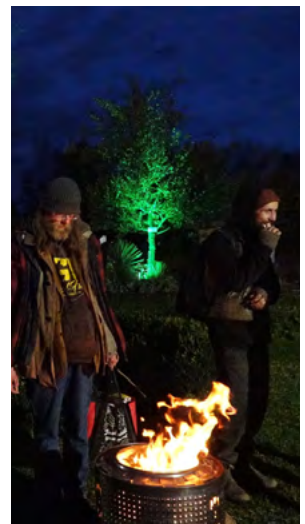
## Getting in the Matariki Zone

This year Matariki in the Zone is going to be huge! It feels good to be bringing this event back in all its glory, including the hāngi, the music, the star trail we introduced during covid, and a variety of activities and workshops on and around the day itself. Come down and welcome the Māori new year with us!

The main event is on **Saturday 15 July, 2.30pm-6.30pm.**

In the playground behind Avebury House music and activities for the kids kick off at 2.30pm, hot chocolate kindly donated by Trade Aid and our signature alcohol-free mulled wine are for koha! Try some weaving or star-making, the Maori Electoral Roll will also be representing and the fabulous Star Jammers perform from 3.30pm. Up in the community garden, there'll be hot soup and delicious fried bread, wood-carving with Dallas Mateo, marshmallow-toasting with Haven on Avon, and story-telling with Shirley Library. Help make a native bee hotel with Bee Awesome and join in with a special Matariki planting in the native garden starting at 3pm.

As we move towards sundown, Lisa Tui and her band will be up top, warming up our winter evening from 4.30pm. About that time we expect the hāngi will be lifted by the incredible folk from Tuahiwi Marae. LED poi-spinning starts at 5.30pm, and our homegrown star trail will light up as it begins to get dark. This year we have Matariki star installations created by the Children's Imagination Academy, The White Room, Shirley Intermediate, Avon-Ōtākaro Network, The Climate Action Campus, Avebury House, Richmond Community Garden, We Are Richmond, and local artist Jn Creative. We are also grateful for some generous sponsorship from New World Stanmore. Thank you!



## Matariki Extras 1-18 July

In the first weeks of July we're involved with several fun activities based around Matariki.

On **Saturdays 1st and 8th July, 10am-1pm** during the school holidays, Creative Junk are teaming up with Envirokids to make upcycled **Matariki Lanterns** at the Botanic Gardens Kiosk. It's free, bring the kids along! You can find out more on the facebook event here: <https://fb.me/e/1cAODXne4>

**Wednesday 12th July 3.30-4pm - Matariki Storytimes** with Christchurch City Libraries includes stories, songs and games, as well as free hot chocolate at the Riverlution EcoHub, 46A Vogel St. <https://fb.me/e/7tboZ13f1>

**Wednesday 12th & Friday 14th July from 6pm** - walk our **Matariki star trail** with astronomy enthusiast John Dunlop. We'll meet at Avebury House at 6pm and then take in the stars! <https://fb.me/e/4tQMAmv7v>

Richmond Community News is brought to you by Avebury House Community Trust and the following people:

Editorial: Tanya Didham.  
Layout: Kristine Spoor.

Many thanks to our team who deliver the RCN to 2800 households and businesses throughout Richmond.

The RCN is now available online:  
[www.aveburyhouse.co.nz/newsletter.html](http://www.aveburyhouse.co.nz/newsletter.html)

Contact us at: [rcn@aveburyhouse.co.nz](mailto:rcn@aveburyhouse.co.nz) or ring Avebury House: **03 381 6615**.

**Disclaimer:** Views and opinions expressed in the Richmond Community News are not necessarily those of the editor or Avebury House Community Trust. No responsibility is accepted for incorrect information contained in advertisements or editorials. Advertisements for publication are accepted in good faith and publication of an advertisement does not imply endorsement by Avebury House Community Trust.



## The Wit of Sam

My wife said to me, "If you won the lottery would you still love me?" I said "Of course I would, I'd miss you, but I'd still love you."

• • • • •

A dung beetle walks into a bar... "Is this stool taken?"

• • • • •

Waitress: How did you find your steak sir?

Me: I just looked next to the potatoes and there it was!

*Illustration by Stephanie Terris*

## Tuition

### Reading, Writing, Spelling, Maths (Y1-Y12)

Qualified local teacher, individual programmes, great results.

P: 021 197 8383 or E: [katharineabeaumont@gmail.com](mailto:katharineabeaumont@gmail.com)

Clarinet, Sax, Flute, Guitar, Bass,  
& Piano—Experienced local teachers. Phone Nicola  
& Ivan  
**(03) 385-3856.**

## Fitness at Avebury



We regret to announce we have to put our prices up to meet costs for our fitness classes, but they are still among the cheapest in town! All classes, including yoga, Pilates and tai chi will be a suggested koha of \$10 from August 1st 2023. Concession cards will be available at

\$90 for 10 sessions from that date. Meanwhile between now and then they are still at the low price of \$70, so get in while you can! Gentle Exercise will remain unchanged at \$5 koha per session. See the back page for regular class times.

## Your function here --->

As well as hosting events, workshops and fitness classes, Avebury House is also available to hire as a DIY venue for private functions. Weddings, birthdays, memorial services, Christmas parties - you can hire by the room or book out the whole house, you can even set up a marquee on our front lawn! Have a look on our website for more info, or feel free to email [admin@aveburyhouse.co.nz](mailto:admin@aveburyhouse.co.nz) or give us a call between 9am and 1pm during the week on **03 381 6615**. [aveburyhouse.co.nz/rates.html](http://aveburyhouse.co.nz/rates.html)



## Dried Flower Wreath Making Workshop

Want to learn how to make beautiful and long-lasting dried flower arrangements?

Join Nicki from Tui Blooms for this wreath-making workshop. All materials provided.



Just \$35 pp and a maximum of 10 people so get in quick!

**Saturday 22 July, 10am-12pm at Avebury House.**

For queries or bookings contact: Nicki Greenwood on **0276359295** or email: [nicki.greenwood@scorch.co.nz](mailto:nicki.greenwood@scorch.co.nz)  
You can also find TUI BLOOMS on Instagram.



**Allan the Appliance Guy will collect  
\*for free\* scrap metal, old appliances,  
computers, dvd players etc. No printers pls.  
Call him on 027 756 2718.**



# Children's Imagination Academy - Star-Makers!

Given the opportunity to create a star for the Matariki in the Zone installation, we decided to make a 'sustainable star' beginning with a local bamboo harvest for our starting materials. The kids shared all their neat ideas and have created something pretty special. We can't wait to see it lit up and brought to life from 11th July in the Richmond Community Garden. We were given the Matariki star itself, so look out for it when you walk the star trail.

We're also excited to announce our Term 3 theme of 'Animal Kingdom'. Immersing our tamariki in the exploration and care of animals and the role we play in protecting species from extinction.

If you want to learn more about our wonderful one-day school, based at Avebury House, please email Lou at: [hello@imaginationacademy.nz](mailto:hello@imaginationacademy.nz)



## Creating in the Avebury Kitchen!

*By Bex Dawson*

Hello from the Children's Imagination Academy Cooking Club! We have been foraging in the Richmond Community Gardens for fresh herbs, pumpkins and the watermelon-pumpkin cross we have named wumpkin! This term we made curry sauce, overnight bread and cake! We think our bread is awesome so we'd like to share the recipe with you to try at home!

### Overnight Bread

4 c white wheat flour

2 c water

1/4 t yeast

Mix all together and keep covered in a warm place overnight. The following day, using wet hands, shape the dough onto a lined tray and decorate. We used herbs, flower petals, seeds, onions... whatever you like! Bake at 180 degrees Celsius until golden brown. So easy and delicious!

If you'd like to learn more about the Children's Imagination Academy, an alternative one-day school based at Avebury House, you can email them at [hello@imaginationacademy.nz](mailto:hello@imaginationacademy.nz)



## Planting with the Avon-Ōtākaro Network!



The Avon-Ōtākaro Network are holding a special Annual General Meeting on Saturday July 8th, celebrating almost 10 years since planning began on the Mahinga Kai Exemplar on Anzac Drive. In that time an incredible amount of mahi has gone into this mini-forest and they would love you to come along to the site and continue that work with them. Formalities will begin at 10am followed by a planting and morning tea.

**Where:** Enter at Brooker Ave and look for their flags

**When:** Sat 8 July, from 10am

They are also hosting two planting days at the Banks Ave/ Dudley Stream site on Mondays July 3rd and July 31st, from 10am. Head to the old Banks Ave School site, and you will see their flags across the road. <https://fb.me/e/2WYgleEkY>

AvON is a fantastic community organisation focused on river care, keep in touch with them if you want to be part of revitalising our river corridor. Website: [avonotakaronetwork.co.nz](http://avonotakaronetwork.co.nz) or on facebook: [www.facebook.com/AvONetwork](https://www.facebook.com/AvONetwork)



# What is Compassionate Mind Training?

By Sara Clarke

It's easy to get dispirited with all the trouble and negativity reported in the media. Wars, natural disasters, mass shootings, crime, poverty, public services under pressure to name but a few. There is an acknowledged epidemic of anxiety, depression and loneliness.

But it's also easy to forget there is a huge amount of kindness and compassion in the world. Our brains evolved to have an inbuilt 'negativity bias' - helpful if you're trying to avoid predators, natural hazards, or aggression from others in your own species! A colleague, Rick Hanson, said "the brain is like Velcro for negative experiences, but Teflon for positive ones...". Through time, selfish, competitive and aggressive behaviours became ingrained as we moved from hunter-gatherer cultures, to agrarian ones more attuned to acquiring and holding resources.

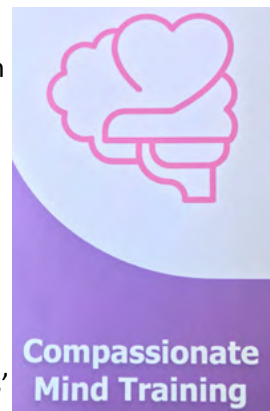
Recently, much great work has been done around the importance of compassion, and how we can learn to incorporate it into our lives. We can re-train our brains to take in the good, appreciate it, and share it. Psychologist Louis Cozolino says, "We are not the survival of the fittest, we are survival of the nurtured". Compassion is all about nurturing. It's not easy; it requires real commitment to care together, with courage and strength, and to grow and use wisdom to initiate and maintain helpful, rather than harmful, behaviours and actions.

In the late '90s, UK-based psychologist Paul Gilbert and

colleagues developed Compassion Focused Therapy (CFT) which proved effective in helping people with significant mental distress and illness. Now used by therapists worldwide, CFT helps people to better understand and manage themselves, and to live more fulfilling and fulfilled lives. As a counsellor with over 30 years' experience, I am very enthusiastic about using CFT in my work, and have substantial training in it. About 5 years ago colleagues of Gilbert developed a course designed to make the ideas around CFT more accessible to anyone, and I am very pleased to be teaching this course at Avebury House.

Richmond has such a lot of activity around 'sharing and caring' with many fantastic initiatives and efforts by so many people, providing a huge range of activities to engage and support all ages and abilities. It is my privilege to share this learning which I have seen so many participants benefit from; making positive changes in their lives as they develop and grow their compassionate minds. If you would like to take part in this journey of understanding and living your best life, please get in touch with me for course details.

*Sara Clarke is running the Compassionate Mind Training Course at Avebury House again at the end of August. To enquire or book, please call her on 029 0208 4674.*



## What did the dog say to the tree?



~ Bark!

~ It's no joke.

Barking dogs, barking neighbours, overhanging trees, and shenanigans worse than these are among many reasons people seek help from Citizens' Advice Bureau (CAB). Dogs bark for a variety of reasons, from boredom to anxiety to an intruder. As it happens noisy neighbours do too. Talking to your neighbour about a dangerous tree is good. Their bark may be worse than their bite.

You'll find tips about all that here [cab.org.nz/article/KB00043030](http://cab.org.nz/article/KB00043030), here

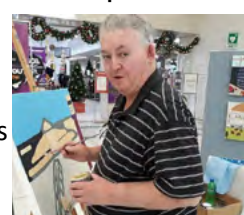
[cab.org.nz/article/KB00001098](http://cab.org.nz/article/KB00001098) and here boy, here boy, whoooo-ueet [cab.org.nz/article/KB00001033](http://cab.org.nz/article/KB00001033).

But coping with the yappy, the gruff and the grudge-holder can be tough. Before you get barking mad or bark up the wrong tree, talk to us. No question is too big or too small. It's free, confidential and impartial.

Phone **0800 367 222** or look for the "Chat to a CAB volunteer now!" symbol at the bottom left of our website [www.cab.org.nz](http://www.cab.org.nz) or click on "Find a CAB" to find your nearest help.

## The White Room Creative Space

Developed in 2014, the White Room project fosters the artistic creativity of the folk



SkillWise supports. Situated within the SkillWise premises at 344 Manchester St, the program runs 10 art classes a week and also has outreach programmes such as the Place People Pizza Project which is based around Ōtautahi's community pizza ovens including the one at Richmond Community Garden. [thewhiteroom.org.nz/](http://thewhiteroom.org.nz/)

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# Get Plastic-Free in July!

We are now entering Plastic-Free July! Plastic is a resilient and precious resource that we continue to squander on single-use items. The best thing we can do as individuals is remove as much single-use plastic from our lives as we can. If we can't remove it, we must try to keep it out of

landfill if possible. As well as our curb-side plastic recycling which takes containers labelled 1, 2 & 5, many supermarkets now take soft plastics such as bread bags and cellophanes. Richmond Community Garden can take the lids that our curb-side collection can't, so long as they are marked 2 or 5. And remember - keep it clean! Contaminated recycling can send a whole truckload to the tip!

If you want to challenge yourself by removing plastic purchases this month, you can sign up at [www.plasticfreejuly.org](http://www.plasticfreejuly.org). If you need tips or support you can email Morgane at [admin@richmondcommunitygarden.co.nz](mailto:admin@richmondcommunitygarden.co.nz)



## RCG July Events

### Winter Foraging Walk - Weds July 12

Discover what's on the forager's menu in winter. Meet at the Fungi Farm at the bottom of Eveleyn Couzins Ave at 1pm. <https://fb.me/e/1mr93TeWk>

### Repair Revolution - Tues July 18

Making old things new again! Every fourth Tuesday of the month at the Riverlution EcoHub, 46A Vogel St from 5.30-7.30pm <https://fb.me/e/14ig9GvGJ>

### Horticultural Society Winter Fruit Tree Workshops - Saturdays 22 July & 19 Aug

How to care for your fruit trees, at the Riverlution EcoHub, 46A Vogel St. Please note this has a cost of \$65 for Hort Society members, \$78 for non-members. 9am - 1pm. Rain days are on the following Sundays <https://fb.me/e/KYYmXggg>

### Paper Making with The White Room Creative Space - Sat July 22

Part of the Place People Pizza Project, please note

this is being held at the Climate Action Campus (old Avonside Girls site). Come along and learn how to hand-make paper! No charge but koha is appreciated, 10am - 1pm <https://fb.me/e/1hYnekMgP>

### Place People Pizza with The White Room Creative Space - Sat Aug 5

The culmination of a series of workshops, this event will be centred around the pizza oven at the Riverlution EcoHub at 46 Vogel St. Sharing food, games and art, all are welcome to this community event running from 9am to 4pm. <https://fb.me/e/4m04Set6f>

*There is always plenty to do at the Community Garden, volunteer days are Mon, Weds & Sat, 10am - 1pm. All ages and abilities are welcome! To keep in the loop, the Garden also has their own digital newsletter, subscribe by email to: [morgane@richmondcommunitygarden.co.nz](mailto:morgane@richmondcommunitygarden.co.nz)*

## Writing it out at Avebury

Writing gets the creative juices flowing. Get in touch with Barbara if you're interested in giving hiaku a go: [bhstrang@yahoo.com](mailto:bhstrang@yahoo.com) or 021 171 8622. Or if you'd rather try prose, Lois runs her 'Writing Your Memories' group every 2nd and 3rd Tuesday at Avebury House, contact her to find out more: [johnlois@posteo.net](mailto:johnlois@posteo.net)

*Contributions from the Small White Teapot:*

*the umpteenth clothes shop –  
out  
with my classmates*

*Elise Mei*

*home alone  
the croaking  
of a frog*

*Barbara Strang*

*river's song  
very few walk this way*

*Julie Bates*



**LET'S PLAY AT AVON HUB**

**Week 1 MON 3 - FRI 7 JUL 1030AM - 12PM**

**Week 2 MON 10 - THU 13 JUL 1030AM - 12PM**

OUTDOORS ON THE TURF  
STICK, BAT & BALL GAMES  
NO SIGN UP, JUST TURN UP AND PLAY  
SUIT 5-12 YEARS, FREE TO ALL

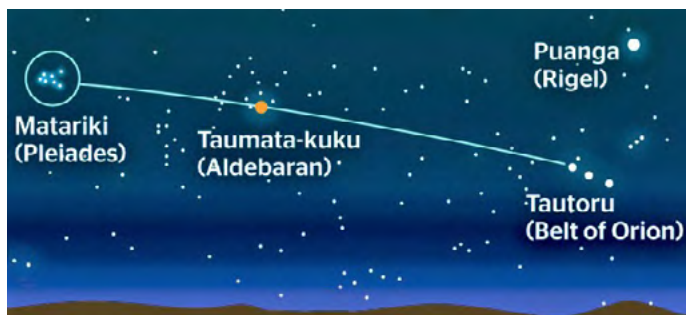


AVON HUB, 77 NORTH PARADE, RICHMOND

# Mind Yer Language: Matariki - Eyes in their Stars

By Tanya Didham

Known by many names around the world, stretching back millennia: 'Pleiades' is thought to come from an ancient Greek word meaning 'to sail', noting the star cluster's use as a navigational marker; the Greek myth of Seven Sisters was attached later. 'Subaru' is the Japanese word for coming together, literally describing a cluster; north Saharan Berbers referred to the stars as *Cat ahād* (pron. shat ihed), meaning 'daughters of the night' - a proverb linked it to the seasons: "When the daughters of the night fall, I wake looking for my goatskin bag to drink [because summer comes]. When they rise, I wake looking for clothes to wear [as winter approaches]." Vikings viewed the cluster as the goddess Freya's hens; and the unromantic astronomical name 'Messier 45' was given by Charles Messier in 1769 as he busily catalogued non-comet objects in the night sky. In the South Pacific, Māori and many other Polynesian cultures referred to these astronomical jewels as Matariki: Eyes of (the) God. It's a shortened version of *Ngā mata (the eyes) o te ariki o (of the god) Tāwhirimātea*.



In Māori tradition Tāwhirimātea, the weather god, was angered by the separation of his parents, Papatūānuku (often shortened to Papa - Earth Mother) and Ranginui (also known as Rangi - Sky Father). Tāwhirimātea waged war on his brothers and was able to defeat all but the warrior god, Tūmataunga, and so Tā's parents would remain forever apart. In a fit of anger he plucked out his shining eyes, crushed them, and hurled them up onto his sky-father's chest, where they still sit.

The Matariki cluster is visible to the naked eye, and contains more than 1000 stars, but only the brightest can be detected without aid. It is one of our nearest star nurseries, at just 440-odd light years away. Depending on how good your eyesight is you may see anywhere from 6 to 11 individual stars. Galileo was the first to observe it through a telescope, drawing 36 stars in his 1610 treatise 'Siderius Nuncius' or Star Messenger.

In Aotearoa the cluster is visible most of the year but disappears below the horizon in May. When it reappears at dawn, during June or July, Māori mark the beginning of a new annual cycle. *Ngā mihi o te tau hou!*

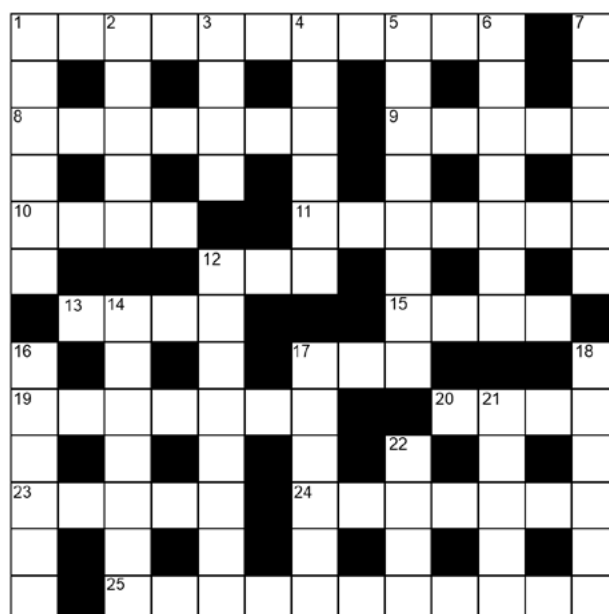
## Puzzle Crossword

### Across

1. Fearsome creature [Lewis Carroll] (11)
8. Pasta strips (7)
9. Models for artist, etc. (5)
10. Wild goat (4)
11. Green mineral (7)
12. Unit of electrical resistance (3)
13. Desist (4)
15. Online auction site (4)
17. Unhappy (3)
19. Royal attendant (7)
20. Fete (4)
23. Refurbish (5)
24. Spring flowers (7)
25. Extremely well (11)

### Down

1. Drug addict (6)
2. Penniless (5)
3. Snake-like fish [plural] (4)
4. Sagacity (6)
5. Overturned (8)
6. Talmudic school (7)
7. Annoy (6)
12. Pertaining to musical theatre (8)
14. Gourmet fungus (7)
16. Funeral car (6)
17. Representative element (6)
18. Australian wild horse (6)
21. Item of value (5)
22. Jest (4)



### Solution to June Crossword

**Across:** 1. Effective 8. Lush 9. Judiciary 10. Apse 13. Scout 15. Sketch 16. Search 17. Expert 19. Appeal 20. First 21. Tart 24. Hairpiece 25. Oast 26. Germinate

**Down:** 2. Foul 3. Emit 4. Twitch 5. Versus 6. Supporter 7. Threshold 11. Assertion 12. Temptress 13. Scarf 14. Tempt 18. Tisane 19. Ashram 22. Lion 23. Scot

# The Local Issues That Matter To You

By David Duffy for We Are Richmond



Thank you to everyone who responded to our survey seeking to identify key issues people would like to see improve in Richmond. We have analysed the results and there are two broad categories: our social environment and our physical environment.

Like many communities

throughout NZ there was concern about the level of crime and anti-social behaviour, but a number of responses also identified a lack of assistance for those struggling to meet their needs. Government agencies and NGOs are carrying a huge burden, trying to provide services. In our compact community, assistance can take many forms but fostering personal relationships cannot be underestimated. We heard many positive stories of individual action making a difference. For example, a gentleman who regularly patrols his local streets picking up litter, and many folk who do this as they walk the river; the lady who instead

of giving a beggar some coins, bought him a coffee and a sandwich instead – great examples of Richmond people caring about their community. How would you like to contribute?

Concerns raised about our physical environment related to more vegetation coverage particularly on road verges, the state of the roads themselves, and road safety. We Are Richmond continues to work with Council to keep our road repair programme going. Road rebuilds are underway, and another programme will focus on making our intersections safer. Combined with the Greenway Cycle Route and proposed speed reductions, Richmond should become a safer place to travel in!

We have pinpointed three areas where we can help:

1. Supporting those less fortunate by encouraging cohesion between available services, and offering more local input.
2. Initiating and facilitating green community projects.
3. Providing support for those already working diligently on local projects.

Finally, I encourage you to become more involved in our local affairs by joining us at our Annual General Meeting on **Tuesday, July 25, 7-9pm at Avebury House**. We'd love to hear your thoughts; and we urgently need more committed and enthusiastic residents to join the team, and help share the load on this rewarding journey. Please give it a thought!

## COMPLIMENTARY HOUSE CLEAN



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*"I cannot recommend Charlotte enough, from the moment we signed up to settlement of our property, she continually communicated with us. Her knowledge and understanding of the process was exceptional and made us feel at ease."*

- L Slater



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# What's on in Richmond



**AVEBURY HOUSE,**  
9 Eveleyn Couzins Avenue.  
Phone (03) 381-6615  
The office is open Mon to Fri  
from 9 a.m. to 1 p.m.

## Monday

**Men's Shed:** Contact John at 022 5891141 or Ian at 027 555 8368.

**Chit chat Club:** 10–10:30 a.m.  
The Chit Chat Club is for the older adults (55+) in our community to get together and have a catch up.

## Gentle Exercise:

10:30–11:30 a.m. Gentle exercise class with a tutor who guides you through an exercise routine designed to keep those muscles moving! \$5/session.

**Yoga:** 5:30pm with Robyn

## Tuesday

**Yoga:** 9:00–10:00 a.m. Join us for a good stretch! Beginners welcome. \$8/session.

**Tai Chi:** 10:30 a.m. \$10/session

**Small White Teapot Group:** Haiku group meets every 4th Tuesday of the month at 12pm. Contact Barbara at

**021 171 8622.**

**Pilates:** 6:00 pm \$8/session.

## Wednesday

**Write Your Own History:** Every 2nd and 4th Wed of the month. 10 a.m. –12 noon. Please email to confirm at

[johnlois@posteo.net](mailto:johnlois@posteo.net).

**Hugs All Round Quilting Group:** 1–3 p.m. We make quilts for children who need an extra hug. Join us to learn more about quilting; this includes machine and hand-sewing.

**Pilates:** 11am & 6pm. \$8/session.

**Stress Release:** 7:30pm, guided relaxation & tension release. Contact Kathy **022 6507896.**

## Thursday

**Yoga:** 9:00 a.m. Beginners welcome!

**Pilates:** 11 a.m. \$8/session.

**Yoga:** 6-7 p.m. \$8. Evening yoga. Join us for a good stretch!

**SHIRLEY LIBRARY,**  
36 Marshland Road (by the Palms Mall).  
Phone (03) 941-7923

## Monday

**Fiero Code Club:** 3.45–5.15pm

Suitable for ages 8–16. Free. Bookings required.

## Tuesday

**JP Clinic:** 10am–1pm

Free. No bookings required.

**Wā Kōrero: Storytimes:** 10.30–11am

Suitable for ages 2–5. Free. No bookings required.

## Wednesday

**Scrabble Club:** 1:30pm–3:30pm

All materials are supplied.

Free, no bookings required.

**Sensory Craft for Pēpi:**

11–11.30am. Suitable for ages 0–2

Free. No bookings required.

**Dungeon Delvers:** 3.45–5.15pm.

Suitable for ages 10–16. Free. Bookings required.

## Thursday

**Wā Pepi: Babytimes**

10.30–11am. Suitable for ages 0–2

Free. No bookings required.

**Me Kōrero Tatou (Te Reo Language Group):**

1.30–2.30pm. Suitable for all ages. Free.

No bookings required. All skill levels welcome.

## Friday

**Card Club:** 1.00–3.30pm. Free. No bookings required.

## Saturday

**Family History Help:** 10.00am–Midday

1st and 3rd Saturday of the month

Ran by the Canterbury Genealogy Society.

Free. No bookings required.

**Mahjong Club:** 1.00–3.30pm

Free. No bookings required.

**SHIRLEY COMMUNITY TRUST,**

**Ph: (03) 981 5521, 77c Briggs Rod.**

**MacFarlane Park Neighbourhood Centre:**

17 Acheson Ave

**Park Centre:** 19 Acheson Ave.

**Community Hub & Barista Training:**

Mon & Wed at Neighbourhood Centre.

10am - 2pm during term time. Training is \$5 per person.

**Sparkling Stars:** Mondays, 9:30am

Park Centre. For 0-5yo. Music &

movement. \$3/family.

**Te Reo Maori Class:** 5pm, Park Centre

**Nurse-led Foot Care Clinic:** Tues, 10am,

Park Centre. Appointments essential. Call

**022 6218269. \$10.**

**Children's Gardening Club:** Tues, 3:15pm, Community Garden (off Jebson St).

**Knit & Knatter Group:** Fortnightly Wed, 10am. Yellow bin weeks. Park Centre.

**Kidzone:** Wed, 3:30pm, Park Centre. For primary-aged kids.

**Gardening:** Thurs, 10am, Comm. garden.

**MacFarlanes on the Park Cafe:** Fri,

9:30am, Neighbourhood Centre.



**RICHMOND COMMUNITY GARDEN**

**Riverlution EcoHub,** 46A Vogel St

**Garden Days:** Monday - Wednesday & Saturday from 10am. to 1pm.

We welcome volunteers to help create a beautiful veggie garden for our community to enjoy!

**Riverlution Eco Hub:** Mon-Fri, 9:30am-4pm & Sat, 10am-1pm.

**Repair Revolution:** Every 3rd Tuesday of the month at 5:30pm.



**DELTA COMMUNITY TRUST,**

101 North Avon Road

(Entrance off Chrystal St)

Ph: (03) 389-0212, Free

phone 0800233582. Check our Facebook page or website

[www.deltatruster.org.nz](http://www.deltatruster.org.nz)

**Foodbank:** Please phone first.

Monday, Wednesday, Friday (except public holidays) 10am-2pm.

**Monday Café:** Every Monday except public holidays. 10am-12.30pm \$2 Hot Toasties, Tea & Coffee 20cents

**Friday Drop-Inn café:** Every Friday except public holidays. 10am-12.30pm. Choice of 2 mains only \$2,

Dessert \$1, tea & Coffee 20cents.

**Free Budgeting Advice and Advocacy:**

Please ring for an appointment.

**North Avon Community Centre**

**ESOL/English Class:** Every Wednesday

10am-12.30pm (except Public &

School holidays). \$3 Fee. Please

Contact [stefanie@deltatruster.org.nz](mailto:stefanie@deltatruster.org.nz) for more information.

**Delta International Playgroup:** For

mums and children under 5. Every

Friday 9am-12pm(except Public

& School holidays). at the North

Avon Community Centre. \$2 for the

session, \$10 per term. Please bring

your own morning tea for your child.

NO shared morning tea. Music and

stories at 10.30am. Please Contact

[stefanie@deltatruster.org.nz](mailto:stefanie@deltatruster.org.nz) for more

information.

**Filipino Playgroup:** Every Wednesday

9:30am-12:30pm (Except Public &

School holidays) For more information

contact Jo [jo@odt.org.nz](mailto:jo@odt.org.nz) or

**021-1151657**

**SOUL STAR TRIBE:** beginner belly dance classes 5:30pm Tuesdays (CWEA, 59 Gloucester Street, City Centre), and 10am Saturdays from (The Chrystal Palace, 12 Chrystal Street, Richmond).

\$10 casual, concession cards available. For more information, please phone Samantha on **027 6525 993.**

**CROSSWAY COMMUNITY CHURCH**

North Avon Community Centre. 105 North Avon Road (entry off Chystal St)

**Sunday Services:** Every Sunday at 10am

Family friendly with children's programmes. For more information you can find us on Facebook:

[www.facebook.com/crosswaych/](http://www.facebook.com/crosswaych/)